

P reschool I ntervention R eferred T eam

December 14th-December 18th Weekly Newsletter

BACKPACK CONNECTION

How to Help Your Child Recognize & Understand Jealousy (Week of 12.14.20)

English: https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_emotions_jealousy.pdf

Spanish: https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_emotions_jealousy_SP.pdf

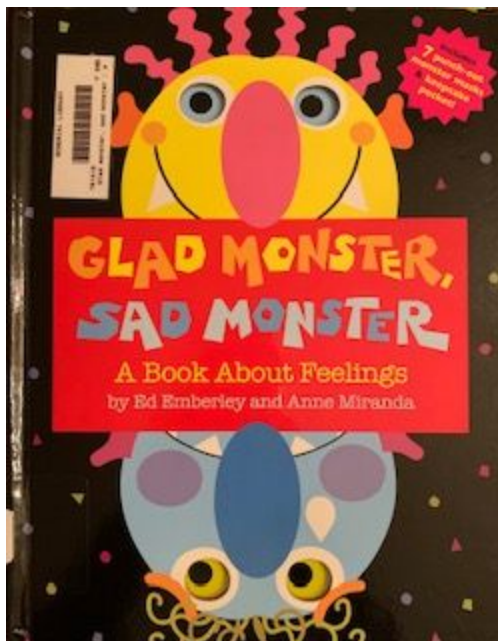
Feelings Exploration & Identification Continues in Preschool

During **November** & **December** the PIRT Members have focused on providing Social-Emotional Lessons that focus on teaching our preschoolers feeling identification & expression. We read the **Glad Monster, Sad Monster Book** to all of the classrooms and had the children practice making the different feeling monster faces. Below you will find a link to access the story that we put into a Slide Show for you to review with your children at your leisure.

Research shows that reading the same book for several days in a row is a great way to provide opportunities for infants, toddlers, and preschoolers to develop a sense of competence & confidence, which is an important part of social and emotional development. They become able to turn pages, point at & label pictures, talk about the story, predict what will happen next, learn new vocabulary words, talk about their own experiences in relation to the story and even make up their own story.

Glad Monster/ Sad Monster Google Slide Story:

<https://docs.google.com/presentation/d/1UUaaKHFINr2OWcdscTXDLJiuzlkZ4QOGIRgTdTfwSIE/edit#slide=id.p>



Glad Monster/ Sad Monster Activities

ART:

Let your child make a “feeling monster” by using a paper cup or toilet/ paper towel tube and attaching various items to it (yarn, buttons, pom poms, ribbons, whatever you can find around the house). Children can make “feeling” faces on their monsters and give their monsters a feeling name. Talk to your child about their monster- what is their monster feeling. Why does their monster feel that way? What happened? They can also draw pictures and/ or tell a story about their feeling monster.

Music & Movement:

Have your child create a name for 2-3 different monsters using feeling words (examples: Hank the Happy Monster, Allie the Angry Monster, Willy the Worried Monster, Sam the Silly Monster, etc.). Write these down so your child can see the names. With your child talk about how each monster might move. For example, Hank the Happy Monster might skip around & jump for joy, while Allie the Angry Monster might move by stomping her feet & raising her arms above her head. Create a game by telling your child that when you call out the name of one of the monsters, everyone will move like that monster. For added fun you can play monster’s background music while moving like monsters.